



YOU CAN STOP THE SPREAD OF GERMS WITH THIS HEALTHY HANDWASHING TIPS

1. It is cold and flu season. One of the most common ways people catch colds is by rubbing their noses or eyes after touching someone or something that already has the cold virus. The most important thing that everyone can do to prevent colds and flu is to wash their hands frequently.
2. Look at your hands and think about everything that you touch. Make sure to wash your hands frequently, especially before eating and after the bathroom.
3. When soap & water is not available, disinfectant hand gels have been proven to kill germs just as effectively. Just rub your hands together with the gel, covering all surfaces of hands & fingers, and rub until the gel is absorbed.
4. When soap & water are available, make sure you lather your hands for 20 sec., rubbing kind of hard. Rinse with warm water & use a paper towel to dry hands and to touch the water faucets, door handle, etc.
5. Washing your hands for 20 sec. is important to kill germs. That's the amount of time it would take you to sing Happy Birthday to yourself 2 times. Try it!!
6. Try not to touch your face----eyes, mouth & nose—with your fingers. That is one very common way that germs enter your body.
7. Always use a tissue when you cough or sneeze. Then make sure you throw away the tissue right away. If you don't have a tissue, cough or sneeze into your inner elbow, then wash your hands.

8. Adult hand washing behaviors also need improvement. In 1 study, about one third of adults using public restrooms didn't wash their hands after using the bathroom. Share your germ & handwashing information with your family. Everyone needs to practice better handwashing to stay healthier..... Scientists and doctors tell us that proper hand washing is the public's best defense against serious infections.
9. Most people do not wash their hands often enough because germs are invisible and you don't know where they are hiding. It is the soap or the alcohol gel combined with the scrubbing action that helps loosen & remove germs.
10. To stay healthier avoid close contact with people who are sick, Never share drinks or forks and spoons with anyone. Stay home when you are sick or have a fever.
11. Students also need to get plenty of sleep and physical activity, drink enough water, and eat nutritious food to stay healthy. Keep a diary for 2 days or how many hours you sleep, how much you exercise, and how much water you drink and everything that you eat. You might see lots of room for improvement.
12. Playground equipment has more germs than public bathroom surfaces, shopping cart handles, and escalator handrails. Make sure you wash your hands before lunch & especially before touching your eyes, nose or mouth.
13. Infectious disease accounts for millions of lost school days each year. It's not surprising when you think about it, because school is all about sharing: desks, books, pens, food, bathrooms, door handles, water fountains, computer mice & keyboards, and as a result...sharing germs!!!